

Community Benefit 2020

*Inspired by our faith, SCL Health addresses the most critical needs of the communities we serve; especially of those who are poor and vulnerable. In 2020, SCL Health system provided **\$294.4 million** in community benefit, supporting areas such as community health improvement services, health professions education programs, community building activities and subsidized health services. Care site specific totals are highlighted below.*



2020 Community Benefit Highlights

Across the health system, SCL Health supported the mental health of its community members and associates through one of the most trying years by engaging with community collaboratives and offering virtual mental health and well-being training. The trainings focused on suicide prevention, stigma reduction, compassion fatigue and trauma-informed practices.



50 trainings,
reaching nearly
1,000 individuals

**2 mental health
first aid instructors**
trained in Montana and Grand Junction



Re-launched Let's Talk CO
with the Metro Denver Partnership for Health
Collaborative



30% increase
in depression and anxiety
symptoms since 2020



Support for Meals on Wheels of Mesa County addressing social determinants of health, especially food insecurity, social isolation, and access to healthcare.

158,273 meals served in 2020; 27 routes delivering food Monday - Friday



Partnered with Homeward Bound to increase service reach through the St. Mary's Food Recovery Program. Of **95,000 meals served, 22,000 were from recovered food**



Continuing suicide prevention training through programs ASIST, QPR, NAMI and Mental Health First Aid – **522 people trained**

\$3 million dollars donated to Colorado Mesa University for new Health Sciences Center in 2021 to advance pathways to economic stability through health professions education



St. Mary's is committed to an annual contribution **\$250,000** towards the **\$2.5M dollar pledge** for mental health inpatient needs at West Springs Hospital



HomewardBound and St. Mary's Long-standing Collaboration

When HomewardBound of the Grand Valley began fundraising for a new shelter, St. Mary's Hospital donated \$25,000 for the land. Now with the construction complete and a new shelter up and running, St. Mary's commitment to the organization continues with a \$300,000 investment over the next three years. The 18,667-square-foot facility opened in the summer of 2020, offering a place for families in the community to sleep and have a meal. The shelter includes 140 beds for women and families, as well as people in recovery for substance abuse. Additionally, the facility is equipped with a children's library, play areas, family wellness center, laundry services, a commercial kitchen and also offers educational and training programs. The opening of the shelter comes at the perfect time as the pandemic has only exacerbated the community's need for the services HomewardBound provides.

From September 2019 to September 2020, HomewardBound's services have increased substantially with 28% more meals served and 33% more families sheltered. They have seen an increase in situational homelessness since March with people losing their residence or job and needing a place to stay.

Bill Wade, Board Chair of HomewardBound, said that while HomewardBound works with many community partners to serve the homeless, none have been a more critical partner than St. Mary's Medical Center. In the midst of a global health pandemic, St. Mary's ongoing commitment to the organization has not wavered.

"Our organization's missions have always been in alignment," said St. Mary's Medical Center President Bryan Johnson, in a recent press release. "Since their inception, we have worked closely to do what we can to support their programs. This continued collaboration led not only

to the \$300,000 donation, but also to our Food Recovery Program, laundry service contribution, and our assistance in the Pathways Family Wellness Center."

St. Mary's created a Food Recovery Program in

September 2019 to benefit HomewardBound. During its first year, the program provided 7,100 pounds of food — the equivalent of about 4,260 meals. The food typically consists of prepackaged goods including soups, salads, and sandwiches made fresh daily at St. Mary's and is valued at just under \$10,000.

For more than 13 years, St. Mary's has also provided laundry service three days a week for linens used at HomewardBound. This service saves the organization an estimated \$30,000 a year.

"I honestly don't know where we'd be without the generosity of St. Mary's," HomewardBound Executive Director, Greg Moore, said

in a press release. "We are able to accomplish so much more and help more people because of their donations of money, food and time."

With the opening of the Pathways Family Shelter comes the Pathways Family Wellness Center, which is slated to open in November. The clinic will offer primary and behavioral health diagnostic treatment, onsite respite services, and will be staffed with health care professionals.

"It's a win-win for us. Oftentimes, when a homeless individual is discharged from the hospital, they need a safe place to go to continue on their road to recovery. They no longer need the acute care that is provided by St. Mary's Medical Center, but they still require care and oversight so the wellness center will help to bridge the gap, while at the same time offering preventative care to hopefully eliminate the need for a future emergency room visits," Johnson said.



Sharing a Caring Spirit at the Day Center

Rex walks up to 20 miles every day yet his health is on shaky ground. For those without a place to call home, days can be long, and nights even longer. St. Mary's Family Medicine Residents (SMFMR) understand that their grueling schedules often mean long intense hours. Yet, their calling doesn't rest as they serve clients such as Rex at the Day Center.

In partnership with Grand Valley Catholic Outreach, which provides the space, SMFMR has been staffing a day center clinic on most Fridays for 10+ years. Third year residents attend along with the medical family therapy fellow (who acts as the continuity person). Faculty are available remotely to support staff, but this gives third years some room to exercise their own judgment, while providing a much needed service to a vulnerable population.

Medical conditions range from refilling inhalers or chronic medications, to acute needs such as reducing dislocations and arranging emergent follow up for retinal detachment. Certainly all the care is further complicated by logistics. This includes arranging appropriate follow up, transportation to recommended therapies, and managing mental illness which is far more prevalent than in the general population.

The best scenarios are when patients present with acute complaints (such as a sinus infection) and antibiotics are on hand to quickly treat it. Even simple cellulitis can prove

challenging as arranging follow up visits proves very difficult given how chaotic the lives of these patients can be.

While these clinics often practice medicine out of the realm of the ideal and more in the realm of practical, residents identify their service at the Day Clinic as one of their most rewarding experiences. All of St. Mary's Family Medicine Residents come with a personal statement highlighting their desire to help people and work with marginalized populations. However, it is often hard to incorporate passion projects into a very demanding work schedule. The Day Center Clinic is paired down to just the essentials of physician-patient relationships and provides the opportunity to see the direct benefit one can have in patients' lives without the clutter of EMR, scheduling templates, insurance formularies, and various other administrative tasks. Finding meaning in the work safeguards residents from burnout and most will remark that they received as much or more from the experience than the patients receiving their care.



COVID Response

The global pandemic has taught us so much about working together for the betterment of our communities. The St. Mary's workforce has continued to go above and beyond the call of duty to help minimize the spread of the virus. St. Mary's vaccinated over 5,863 people: 1,385 Mesa County School District 51 employees and 2,078 first responders, volunteers, and contractors and 2,427 associates and providers.

Our support also went to the critical essential needs within the Western Slope like housing, health access and family supports. Working together with our community based partners increased our ability to make a difference when it mattered the most.

Please visit the St. Mary's Medical Center website to access the full Community Health Needs Assessment:
<https://www.sclhealth.org/locations/st-marys-medical-center/about/community-benefit/>



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